Grade 7 Physical Education:

Syllabus

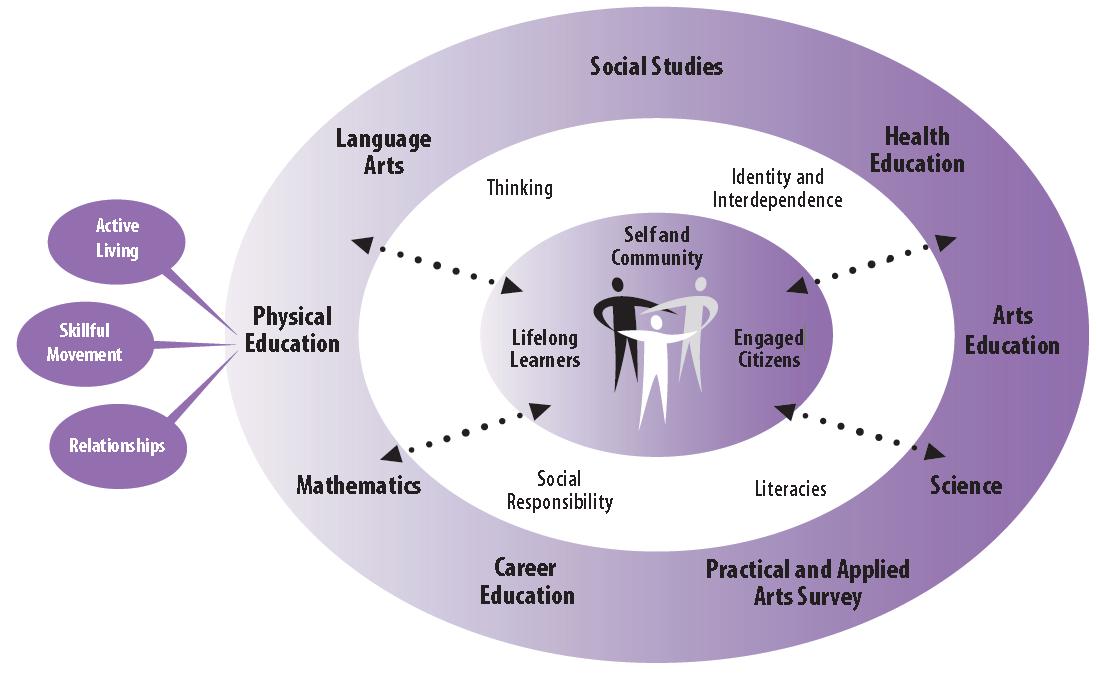
Remember the game of life is not going to win itself!

Welcome!

Hello everyone, and welcome to Grade 7 Physical Education (P.E.)! My name is Mr. Heshka and I am a new teacher this year at Yorkdale Central Elementary School in Yorkton (783-5412). This class is Monday to Friday in period 4 (1pm to 1:30pm). In an attempt to reach a more productive quest for Physical Education the Ministry of Education, teachers, university professors, First Nation Elders, and community members have renewed the Physical Education curriculums for Grades 6-9. P.E. is a required core area of study in Saskatchewan and is allotted 150 minutes of instruction every week.

As this class is an essential part of your learning experience you are expected to attend class every day. You are also expected to change into athletic attire for every class (this includes proper shoes with non marking soles). To make our class the most enjoyable for everyone a positive attitude is also required.

The new frame work for the new curriculums is basses on this mind map, it is clear where P.E. is in the scheme of building, Lifelong learners, Self and Community and Engaged Citizens.

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We can see that the major over arching goals of Physical Education are **Active Living, Skillful Movement,** and **Relationships.**

* ***Active Living***- Enjoy and engage in healthy levels of participation in movement activities to support lifelong active living in the context of self, family, and community.
* ***Skillful Movement***- Enhance quality of movement by understanding, developing, and transferring movement concepts, skills, tactics, and strategies to a wide variety of movement activities.
* ***Relationships***- Balance self through safe and respectful personal, social, cultural, and environmental interactions in a wide variety of movement activities.

These main goals of P.E. are broken down into 14 **learning outcomes**, which all have parts of the main goals in them. Within these learning outcomes are a various number of learning indicators which provide **evidence** to teachers, students, and parents when an outcome has been achieved.

|  |  |
| --- | --- |
| **Outcome** (What students are expected to know and be able to do) | **Indicator** (Students who have achieved this outcome should be able to...) |
| *7.1* ***Health-related Fitness***  *-Create and implement a personal health-related fitness plan targeting the health-related fitness components of cardiovascular endurance, muscular endurance, and flexibility that involves setting a goal for improvement, applies* ***the F.I.T.T. principle (Frequency, Intensity, Type of activity, and Time),*** *and incorporates* ***daily moderate to vigorous movement activity.*** | a. Demonstrate and regularly use the safe and proper techniques for flexibility exercises (e.g., slow, sustained, within comfort zone, focus on target muscles, minimize other body parts, stretch to the limit of the movement, slow and rhythmical breathing) on a consistent basis.  **(NOTE: This is ONE of many indicators)** |

Physical Education 7: Saskatchewan Curriculum (2009), Ministry of Education

Grade 7 Physical Education:

Content (Goals and Outcomes)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Outcome Hours (In Hours) | Outcome Evaluation | Goal Hours  (In Hours) | Goal Evaluation |
| **Goal: Active Living** |  |  |  |  |
| Outcome 7.1 Health-related Fitness | 15 | 15% |  |  |
| Outcome 7.2 Body Composition | 5 | 5% | 30 | 30% |
| Outcome 7.3 Skeletal System | 5 | 5% |  |  |
| Outcome 7.4 Cross-training | 5 | 5% |  |  |
| **Goal: Skillful Movement** |  |  |  |  |
| Outcome 7.5 Complex Skills | 8 | 8% |  |  |
| Outcome 7.6 Biomechanics | 6 | 6% |  |  |
| Outcome 7.7 Movement Concepts | 6 | 6% |  |  |
| Outcome 7.8 Decision Making | 10 | 10% | 40 | 40% |
| Outcome 7.9 Alternate Environment & Body Management | 10 | 10% |  |  |
| **Goal: Relationships** |  |  |  |  |
| Outcome 7.10 Volunteerism & Leadership | 8 | 8% |  |  |
| Outcome 7.11 Influences | 2 | 2% |  |  |
| Outcome 7.12 Safety & Rules | 5 | 5% | 30 | 30% |
| Outcome 7.13 Relationship Skills | 4 | 4% |  |  |
| Outcome 7.14 History & Culture | 11 | 11% |  |  |
| **TOTALS**: | 100 | 100% | 100 | 100% |

Grade 7 Physical Education:

Evaluation and Yearly Breakdown of Assignments

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Outcome Reflections** | **Action Plan** | **Peer Evaluation** | **Group Project** | **Internet Assignment** |
| **Goal: Active Living** |  |  |  |  |  |
| Outcome 7.1 Health-related Fitness |  |  |  |  |  |
| Outcome 7.2 Body Composition |  | 30% |  |  |  |
| Outcome 7.3 Skeletal System |  |  |  |  |  |
| Outcome 7.4 Cross-training |  |  |  |  |  |
| **Goal: Skillful Movement** |  |  |  |  |  |
| Outcome 7.5 Complex Skills |  |  |  |  |  |
| Outcome 7.6 Biomechanics |  |  | 20% |  |  |
| Outcome 7.7 Movement Concepts |  |  |  |  |  |
| Outcome 7.8 Decision Making |  |  |  | 20% |  |
| Outcome 7.9 Alternate Environment & Body Management |  |  |  |  |  |
| **Goal: Relationships** |  |  |  |  |  |
| Outcome 7.10 Volunteerism & Leadership |  |  |  |  |  |
| Outcome 7.11 Influences |  |  |  |  |  |
| Outcome 7.12 Safety & Rules | 10% |  |  |  |  |
| Outcome 7.13 Relationship Skills |  |  |  | 10% | 10% |
| Outcome 7.14 History & Culture |  |  |  |  |  |
| Total= 100 | 10% | 30% | 20% | 30% | 10% |

\***Note**: Detailed assignment expectations will be handed out in class.